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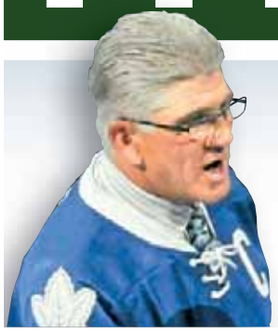

EX-NHL STARS RENOUNCE A 'CULTURE OF VIOLENCE'

FORMER LEAF RICK VAIVE PART OF LAWSUIT OVER CONCUSSIONS PAGE 37

Tormenting a woman like it's a part-time job

Stalker goes on a campaign of obscene web harassment after woman's brother commits suicide PAGE 4

All aboard the gravy bus; it's a madcap tour

For $20, you can relive your favourite Ford crack-scandal memories with a self-styled 'prophet of Satan' PAGE 3

Secret, secret, Shannon's got a secret

And my goodness, she can't keep it. Plus, Metro asks you to spill your office scuttlebutt PAGE 18

NEWS WORTH SHARING.

Freeland ends wild ride with sweet victory

Toronto Centre. Liberal comes out on top after a whirlwind of changing careers and locations

Chrystia Freeland, the newly elected MP for Toronto Centre, says she has acquired a new respect for politicians since leaving her journalism career a few months ago.

"It's hard work — even hard physical work," Freeland said in a recent interview.

"It's also very exposed, in a way I think you know intellectually as a journalist, but the experience has given me a lot more sympathy for politicians."

Freeland, 43, is accustomed to a frenetic schedule.

Born in Peace River, Alta., Freeland's education and career took her far afield: to Harvard University, to Oxford, to Ukraine and to New York, where she was living when she decided to take the political plunge in Canada.

She's been a foreign correspondent in Moscow and Kiev and a senior editor at the Financial Times, The Globe and Mail and at Reuters.

Freeland first met Liberal leader Justin Trudeau a year ago, when she was launching her newest book, Plutocrats. The two started a conversation about how she might come home to Canada to run for the Liberals in the 2015 election.

"I had this sort of long-term desire to come home, and then with my book, Justin's team reached out to me," Freeland said in an interview last summer. "Everything that they had to say about a middle-class agenda ... and also the positive vision of politics — that really resonated with me."

Freeland was attacked during the campaign for an article she wrote in 2008 in praise of former vice-presidential candidate Sarah Palin — "a feminist role model" — and for her participation in mass layoffs as a media manager.

Freeland has said the attacks were her biggest surprise about politics, but she says she's enjoyed the plunge nonetheless. TORSTAR NEWS SERVICE

Through fire and flames

"My respect for politicians has increased."

Liberal MP Chrystia Freeland

Liberal MP Chrystia Freeland stands with former MP Bob Rae as she celebrates after winning the Toronto Centre federal byelection on Monday. More coverage, page 8. CHRIS YOUNG/THE CANADIAN PRESS

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Unpopular fee

Land transfer tax here to stay

Mayor Rob Ford won the 2010 election after campaigning to eliminate the municipal land transfer tax on home purchases but, over time, pared down his promise to roll it back by 10 per cent.

But Monday's preliminary city budget included no recommendation to reduce the unpopular levy, which has allowed the city to balance its budget over the last few years, city manager Joe Pennachetti told reporters.

City finance officials will issue a report to the budget committee by early January that describes various options for trimming the levy, though the bureaucrats do not support any of those options.

At city council, there has been broad opposition to any move to abolish or even phase out the tax.

TORSTAR NEWS SERVICE

Investigation

Woman dead after stabbing

Homicide detectives have been called to investigate after a fatal stabbing Monday afternoon, according to Toronto police.

Police said they responded to an aggravated assault call around 3 p.m. to a home in the Mount Pleasant Road and Lawrence Avenue East area.

When they arrived at 133 Ronan Ave. they discovered a woman with "obvious injuries."

The victim in her 50s was rushed to a trauma centre with life-threatening injuries, according to Toronto EMS. She later died in hospital. TORSTAR NEWS SERVICE

Morgan Wilkes, leader of the "RoFo Bus Tour" and "an evangelical prophet of Satan," holds up a crackamania T-shirt on Monday. ALEX BALLINGALL/TORSTAR NEWS SERVICE

RoFo Bus Tour a stupor through mayor's life

All the hot spots. For $20 passengers get a comedic close-up of Ford's crack scandal

Maybe it was only a matter of time before someone set up a Rob Ford bus tour, but it just so happens that a self-styled satanic preacher did it first.

"Praise the devil!" shouted Morgan Wilkes, leader of the RoFo Bus Tour through Etobicoke, who spoke of the infamous Ford scandal hot spots while in character as the pastor of the devil-worshipping shock-comedy group, Cloven Path Ministries.

"It's meant to be fun for people," he said with a southern-preacher drawl, gesticulating erratically in a three-piece maroon suit and pink-tinged aviator sunglasses.

"I don't mean to get all preachy, but I am an evangelical prophet of Satan."

Less an informative trip through Ford Nation than performance art on wheels, the hour-long tour struck a note of weirdness that's in harmony with the affairs of Toronto these days. You could pose for photos in front of 15 Windsor Dr., where police believe the notorious crack video was made, gaze at the spot where the mayor was caught on camera urinating in public, or speak with a bumbling Ford "look-alike" as he's offered to smoke crack in the nearby woods of Douglas B. Ford Park, named after the mayor's father.

"We figured if we don't do it, somebody else will," said Brother James, who played a Cloven Path acolyte with a shaggy beard, and also calls himself "Jesus Maggot."

"We're never threatening," he said. "We're offensive, but we're never threatening. And that's why we can get away with it."

The first stop on the tour was the "shady gas station" down the street from the mayor's home where police photographed accused drug dealer Alexander "Sandro" Lisi placing mysterious envelopes near Ford's Escalade. Wilkes invited those on the bus to "take your own surveillance photo" of the gas-station dumpster.

TORSTAR NEWS SERVICE

Tour info

The Cloven Path Ministries "RoFo Bus Tour" costs $20 per person, and continues Tuesday from the Royal York subway station's Grenview Blvd. N. exit at 10 a.m., Tuesday. Subsequent tours are scheduled for 11:10 a.m., 12:20 p.m., 1:30 p.m. and 2:40 p.m.

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When a stalker strikes online

Investigation. Someone is threatening to rape Vanessa Bruno — how long could it take to discover who this person is in real life?

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

On a Friday night, about two weeks after her brother took his own life, Vanessa Bruno got a message through AboutMe.com that looked like it had come from him. At first she thought it was a delayed suicide note, but it wasn't.

"It said: 'Maybe if you weren't such a bitch your brother wouldn't have killed himself,'" Bruno recalled in an interview.

The message was part of a series of harassing, threatening online messages from a stalker. When it began last spring it consisted of "petty" comments, but by the end of the summer it had escalated to rape threats, descriptions of stalking her in the offline world and emotional torture over her brother's death.

Bruno doesn't know her stalker and the process of finding him out — the rape threats make it sound like the stalker is male but she's not sure — has been painfully slow.

She's hoping the media can help draw attention to the issue, or possibly speed up the process in her case. "I thought maybe, if there was a fuss made about it by someone else, I'm not going to get murdered."

Bruno first reported the stalker to the Toronto Police Service last spring, she said.

"They've (the stalker) been harassing me through every social-media avenue that they could be anonymous through," she said. "They sent a friend of mine a message saying, 'When I'm done with Vanessa I'm going to slit your baby's throat.' She was pregnant in her profile picture on Facebook. That's when I called the police."

Since then, her case has been passed to four different detectives and the pace has frustrated her. However, the current detective has made some progress. He has issued a production warrant to Rogers Communications to get information about the user of two IP addresses linked to the threatening messages.

The unknown stalker now uses a service to mask his IP address, but Bruno said two IP addresses used from the start — one appears to have originated a few blocks away from her and the other from Ajax — may indicate his real address.

However, that evidence may not be enough. If the stalker was using public Internet or if he argues that someone else was using his computer, he may never be charged, Bruno said.

"I just want to know who it is," she said. "This person has made it their part-time job to psychologically abuse me. It started with, 'Oh you're loud and you're fat and ugly.' ... Then it turned into everyday talking about my dead brother. It's disgusting."

Court orders are required to get information from social-media companies, and Bruno said police have told her this requires "a lot of paperwork" and the detective has begun that process for Facebook.

Police spokesperson Const. Wendy Drummond confirmed there is an investigation into Bruno's stalker but results typically take a month or so.

"It is progressing, there is an investigation and the officer in charge is making efforts to identify the person," Drummond said. "It is a lengthy process. Applications have to be initiated and once they are initiated, it takes time on the receiver's end to process the information."

Last week, with the case apparently going nowhere fast, Bruno responded to the stalker for the first time and tried to get him to divulge something. From his response, she learned he gets up early in the morning for work — information she didn't know before.

"It's like I've had to do my own detective work," she said.

Follow Jessica Smith Cross on Twitter @jessiecatherine

Social-media response

- One of the social-media companies Vanessa Bruno reported her stalker to — AboutMe.com — took action that satisfied her. "I messaged them the day I saw it — that he'd messaged me using my brother's name — and I was a little aggressive in my email, saying, 'Take this down, it's disgusting,'" she said. "They took it down."
- The person who responded on behalf of AboutMe.com asked her to get back in touch if the harassment persists. He also empathized with her, saying he has a friend who, like her brother, also has bipolar disorder.
- The stalker's Twitter profiles are still active (as of press time). WordPress has suspended the account the stalker used, but that won't stop him from launching a new one, Bruno said.
- Both Twitter and WordPress require orders from a U.S. court to divulge user information, a process Canadian law enforcement can avail itself of. However, according to Bruno, the Toronto Police Service hasn't yet made any requests in her case.
- Facebook didn't respond to Metro's request for comments by deadline.

Vanessa Bruno has been sent messages blaming her for her brother's suicide, threatening to rape her, commenting on her physical appearance and making racist remarks about how she dated a black man. CONTRIBUTED

Analysis

Proposed bill goes beyond cyberbullying

The federal government has tabled a bill that will apply to cases like Vanessa Bruno's if it's passed. It's been dubbed the "cyberbullying" legislation, but is in fact far broader.

One section of the bill could aid co-operation between law enforcement, Internet providers and social-media firms by allowing companies to divulge information to the authorities as long as it is not prohibited by law — and protects them from lawsuits if they do.

"It provides comfort there, some immunity," said Gil Zvulony, who specializes in Internet cases. "It could potentially foster more sharing."

Government critics and privacy advocates argue the bill is too broad and will lead to abuse.

In a statement to Metro, Twitter said it "requires appropriate legal process for requests for private-account information," and the proposed law is unlikely to affect its co-operation with Canadian police.

The cyberbullying bill also updates many Canadian laws to deal with the Internet, said Zvulony.

"A lot of these laws were written a hundred years ago," he said. "They speak about telegrams."

For example, laws against harassment and impersonation are being updated, since they currently only apply to telegrams and phone calls. If the bill is passed, sending a message from a social-media account that purportedly belongs to someone else would be illegal.

However, serious crimes are already covered.

"In a case (like Bruno's where serious threats are involved), it doesn't matter if it's done offline, online, in morse code or in smoke signals. The current law captures that," Zvulony said.

Zvulony said updating the laws has consequences beyond bullying and stalking. For example, the law against impersonation online would make phishing emails — such as those that seek a user's banking info by pretending to be from a financial institution — illegal. Currently, phishing is only illegal if it amounts to fraud, he said.

"The question is would these laws cover more than harassment? Are they too broad? It's possible. It's hard to tell at an early stage," he said. "When the original harassment law was written, they didn't envision the Internet and I'm sure there are things in this law that will go beyond the intended scope."

JESSICA SMITH/METRO

Marty Szacowski
@mszacowski
Pics are for the fake nudes I'm makin of Vanessa @V_Block. #ShesNotCopywritinEverAgain #RuininABitchsLife yea!
Reply Retweet Favorite More
Marty S
@MartyMszacowski
LOL, @v_block's brother killed himself because Vanessa is an insufferable bitch!
Reply Retweet Favorite More
10:02 PM - 25 Oct 13
mszacowski2 commented on Don't Call it a Comeback - I've been here for years.
BAAAWWW, where did our convo go? I thought you were a strong, independent, Italian woman! Hahahahaha you're nothing but another soon-to-be rape statistic. Watch out bitch, I'm gonna have you soon.
Approve Trash | Mark as Spam

Screen grabs of messages left by Vanessa Bruno's stalker. TWITTER AND WORDPRESS

Downtown rally: Activists decry sex assault

'It's intolerable'. Health worker speaks to group on International Day for Elimination of Violence Against Women

Female activists rallied Monday near Dundas and Sherbourne streets, just metres from where a sleeping woman was recently sexually assaulted outdoors by two separate men the same morning.

"All three levels of our government have failed to protect women and girls and it's intolerable," Norma Jean Neal, a Regent Park community health worker told a couple of dozen activists and supporters gathered at the intersection around noon Monday. It was the International Day for the Elimination of Violence Against Women.

A woman had been on the steps of the agency Street Health on the morning of Sept. 22, down a driveway viewable from Dundas Street. A police news release reports that she was sexually assaulted by two young men, at separate times, between 4 and 5 a.m. The police have images of the suspects taken from a security video camera. No arrests have been made.

"Why was she out there sleeping on the stairs at four in the morning?" Neal asked. "It's because there's no shelters.…We need something down here immediately — a 24-hour, low threshold safe place."

There is currently no 24-hour safe place in Toronto for women, although there is one for men, Seaton House. A safe place means a person can be admitted even under the influence of drugs or alcohol.

Several speakers at Monday's rally said police and the media have not done enough to investigate and publicize this assault and others that "involve street women." They also blasted politicians they feel aren't addressing homelessness, the lack of shelters, and violence against women. TORSTAR NEWS SERVICE

Investigations are 'thorough and respectful': Police

Toronto Police Service spokesperson Meaghan Gray told Torstar News Service that "any allegation that the Toronto Police Service does not take reports or allegations of sexual assaults seriously for any reason — be it socio-economic or other — is offensive." She said police "receive extensive training in sexual-assault investigations," to ensure that investigations are "thorough and respectful."

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Budget debate opens with 2.5% property tax hike; Mayor Ford irate

Mayor Rob Ford cried foul after Toronto finance staff proposed a 2.5 per cent property tax hike in 2014 to cover inflation, some new services and the city's share of the cost of the Scarborough subway.

The increase — equal to $64 on the average home assessed at $498,000 — is more than the 1.75 per cent that Mayor Rob Ford had held out as his maximum 11 months ago — before the plan to build the Scarborough subway added millions to the city's requirements.

Ford was irate after finance officials launched the 2014 budget deliberations on a proposed operating budget of $9.6 billion, up from $9.4 billion last year. Of the proposed 2.5 per cent tax hike, 1.4 per cent goes to inflation; 0.6 per cent to enhanced services; and 0.5 per cent to fund the subway, which also requires $745 million in borrowed funds.

In dollar terms, the subway championed by Ford makes up $13 of the $64 average tax increase.

Ford left the budget committee meeting, telling reporters he had been assured that the subway costs could be met within a 1.75 per cent tax increase. That would have been less than the two per cent increase approved for this year and the 2.5 per cent hike levied in 2012. Ford claimed the bureaucracy has changed since his powers were reduced by council. TORSTAR NEWS SERVICE

Pre-Black Friday: Zen consumerism

In preparation for Black Friday, more than 100 people took up the Mauve brand's call and did some yoga at Yonge and Dundas Square on Monday, hoping to find their Zen before the hectic shopping extravaganza begins. CONTRIBUTED

India. Couple convicted of killing daughter and family housekeeper

Two married dentists were convicted Monday of killing their 14-year-old daughter and the family's housekeeper in a sensational case that has transfixed India since the girl was found with her throat slit in 2008.

Rajesh and Nupur Talwar, from the New Delhi suburb of Noida, will be sentenced Tuesday. They could face the death penalty. In a statement, they said they were "hurt and anguished" by the verdict and would appeal.

The double-murder in a suburban pocket of the capital became one of the most closely-watched whodunits in recent memory in India.

In the hours after the teenager, Aarushi, was found dead in her bedroom, police named the Talwars' missing Nepali housekeeper, Hemraj, as the prime suspect.

But the housekeeper wasn't missing — his body was discovered lying on a terrace above Aarushi's room. It had been there the whole time.

The Talwars came under suspicion early on.

THE ASSOCIATED PRESS

Quoted

"We will appeal against the verdict within 60 days."

Rebecca John, Rajesh and Nupur Talwar's lawyer, on her clients' recent conviction

U.S. grand jury. School officials charged in Steubenville rape case

An Ohio school superintendent, two coaches and a principal have been charged by a grand jury that investigated whether other laws were broken in the rape of a 16-year-old girl by two football players, the state's attorney general said Monday.

The teenage football players in Steubenville were convicted of raping the girl in March 2013.

The grand jury investigated whether adults like coaches or school administrators knew of the rape allegation but failed to report it as required by state law. The charges against the superintendent, Mike McVey, include felony counts of obstructing justice, Ohio Attorney General Mike DeWine said.

A school principal, Lynnett Gorman, and a strength coach, Seth Fluharty, are charged with failing to report possible child abuse. A former volunteer coach, Matthew Bellardine, faces several misdemeanour charges. THE ASSOCIATED PRESS

Newtown shooter's motive still unclear

Report released. Lanza had 'fascination with mass shootings and firearms,' was obsessed with Columbine shooting

Lucas, Kelly and Michael DaSilva embrace at a makeshift memorial near Sandy Hook Elementary School following the mass shooting on Dec. 15, 2012 in Newtown, Conn. MARIO TAMA/GETTY IMAGES FILE

Why a young gunman went on a murderous shooting rampage at a U.S. school a year ago is still a mystery and may never be known with certainty, prosecutors said Monday in a report that ended their investigation.

Adam Lanza, 20, was obsessed with mass murders, particularly the 1999 Columbine High School shooting, but investigators did not find evidence he ever told others of his intentions to carry out such an attack, according to the summary report by the lead investigator, State's Attorney Stephen Sedensky III.

Lanza killed 20 young children and six educators with a semi-automatic rifle inside the Connecticut school on Dec. 14. He shot and killed his mother inside their home before driving to the school, and killed himself with a handgun as police arrived.

The shooting moved gun safety to the top of the agenda for President Barack Obama, though his gun control efforts have failed in Congress, and led states across the country to re-evaluate laws on issues involving school safety.

The report describes a gunman who had "significant mental health issues" but knew what he was planning: he had materials on mass murder, he smashed his computer hard drive, and he used earplugs during the shooting.

"The obvious question that remains is: 'Why did the shooter murder 27 people, including 20 children?' Unfortunately, that question may never be answered conclusively," the report said.

Lanza "was undoubtedly afflicted with mental health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," Sedensky wrote.

Lanza's mother, Nancy Lanza, was concerned for her son and said he hadn't gone anywhere in three months and would communicate with her by email only, even though they were living in the same house. She never expressed fear that anyone was in danger from her son, the report said.

Sedensky said there was no clear indication why Lanza chose Sandy Hook Elementary School as the target other than that it was close to his home.

The report also says federal law enforcers investigated two leads that indicated that Lanza might have hinted at the shooting in online communications, but the leads were found to have no validity and no relation to the shooting.

THE ASSOCIATED PRESS

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Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies.
COLIN PERKEL/THE CANADIAN PRESS

Cell death a murder: Lawyer

Ashley Smith case. The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said, was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings.

"It was not a big misunderstanding. There was no broken telegraph here. This was not a case of staff confusion," said Roy.

"It didn't come off the cuff. It wasn't improvised. This was an order that was carefully thought out by those that issued it."

The order was never written down because it was an "obscenity," Roy said, but senior management's actions contributed significantly to Smith's death, making it a homicide.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont., just a few months after Berry took over as warden.

THE CANADIAN PRESS

'Moral crimes'

Afghanistan may bring back stoning, says rights group

Human Rights Watch called Monday on the Afghan government to reject a proposal to reintroduce public stoning as a punishment for adultery, but the Justice Ministry denied that such a law had been submitted. The organization said that a working group that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning. THE ASSOCIATED PRESS

Texas

Cop accused of raping handcuffed woman in patrol car

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

Neal was released from jail Saturday. A listed phone number for Neal was disconnected. THE ASSOCIATED PRESS

Liberals celebrate strong showing in byelections

Former Liberal interim leader Bob Rae watches for the incoming results as he attends Liberal candidate Chrystia Freeland's byelection night event in Toronto as she contests the Toronto Centre riding formerly held by Rae on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Liberals were celebrating expected victories in three of four ridings late Monday as votes were being counted in four byelections, including a closer than expected race in the pivotal battleground of Toronto Centre.

Liberal Chrystia Freeland beat NDP's Linda McQuaig in a seesaw battle for much of the night between the parties that had made the riding a high-stakes standoff.

In the Montreal of Bourassa, former provincial Liberal Emmanuel Dubourg easily held on to the seat vacated by longtime MP Denis Coderre, who is now the mayor of Montreal.

The NDP had hoped for a number of variables to turn the tide in its favour: the continuation of the orange wave that resulted in a surge of support in the 2011 federal election; the fame of its candidate, entertainment lawyer and Bran Van 3000 singer Stéphane Moraille, as well as a swing of Bloc Québécois supporters who might vote for anybody who could defeat Trudeau.

In the end, those variables mattered little as Bourassa remained firmly in the Liberal camp.

Conservatives were on safer ground in the other Manitoba byelection in Provencher, which they were expected to keep.

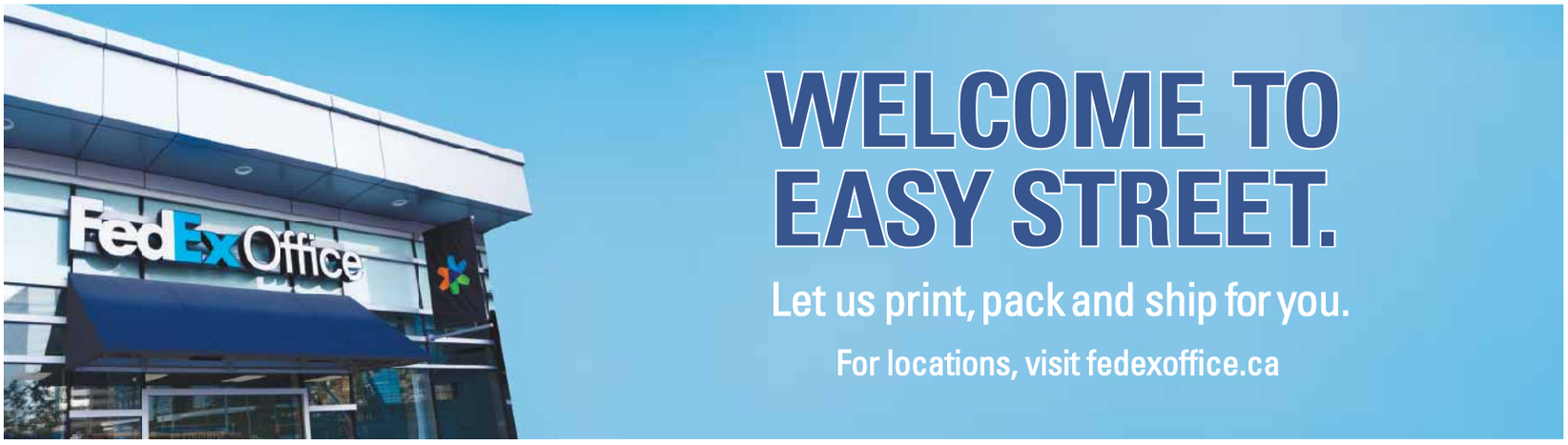
While all eyes were on how the Conservative vote would fare after many months of scandal swirling around Prime Minister Stephen Harper's office and the Senate, these votes also saw the New Democrats and Liberals jostling for position in advance of the 2015 election.

Leaders of the parties waded into the fray more often than usual in these campaigns – even Harper, shunning the usual prime ministerial tradition of staying out of byelections, sent a letter to the voters of Brandon, slamming Trudeau and defending the Conservative record.

These byelections were billed as an epic contest between the two opposition leaders too.

Yet this wasn't the first byelection for either Trudeau or Mulcair – a byelection in Labrador in May, soon after Trudeau's Liberal-leadership victory, saw the Liberals taking a seat away from the Conservatives. Yvonne Jones, now the MP for Labrador, won over former Conservative cabinet minister Peter Penashue. The NDP placed third in that contest.

THE CANADIAN PRESS



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Baldwin. Man raising funds for memorial statue of 5-year-old as Superman

The inquest into Jeffrey Baldwin's death has spurred one father to call for another memorial to remember the five-year-old who dreamed of being like Superman while suffering years of severe abuse and neglect in the care of his maternal grandparents.

Todd Boyce, 44, has started a $25,000 fundraising campaign to erect a bronze statue in Greenwood Park depicting Jeffrey dressed as the Man of Steel.

Todd Boyce with his 7-year-old son Cole, who shares a birthday with Jeffrey Baldwin. CONTRIBUTED

Quoted

"I just felt terrible for Jeffrey and as more articles were coming out, I just felt compelled to try to do something so this little guy's not forgotten."

Todd Boyce

Media coverage of the coroner's inquest compelled Boyce to launch the campaign last Friday on the website Indiegogo, which had raised $210 as of Monday evening.

Jeffrey already has a bench, plaque and garden in his honour in Greenwood Park. Boyce said the statue could complement the first memorial and serve as a reminder of the importance of being "diligent about reporting suspected instances of child abuse."

TORSTAR NEWS SERVICE

Wynne pushing Harper for Ring of Fire funding

Not just blowing smoke. Premier hopes to meet with PM on Dec. 5 and convince feds to help get mining project back on track

Ontario will keep the heat on Prime Minister Stephen Harper to help get the northern Ring of Fire mineral belt into production following a setback last week, Premier Kathleen Wynne said Monday.

Quoted

"I hope that the comments he made last week are not indicative of a lack of understanding about how important this project is for the whole country."

Premier Kathleen Wynne, on the prime minister's comments about the Ring of Fire

Her comments came after Harper seemed cool to federal support for the potential $60-billion project in a remote area 500 kilometres north of Thunder Bay last week.

"The prime minister and his ministers have sung the praises of the opportunities in the Ring of Fire and I believe it's incumbent upon them ... to take part in the project and to be full partners," Wynne said.

"They have been full partners in other projects across the country," she added, referring to energy projects in Alberta and Newfoundland and Labrador. Harper, who said natural resources are under provincial jurisdiction, took a hands-off approach Friday during a stop in Manitoba, just days after U.S.-based Cliffs Natural Resources suspended development of a mining and smelting plant that would have created 1,200 jobs.

Cliffs, the largest private-sector developer in the Ring of Fire, blamed slow progress on building roads, unresolved land claims and environmental assessments for its move.

Premier Kathleen Wynne is looking to the feds for a "substantial" financial commitment to the Ring of Fire. MARK BLINCH/THE CANADIAN PRESS

It came two weeks after Wynne wrote Harper looking for a "substantial" financial contribution to the estimated $2 billion cost of building roads and mining infrastructure in the area.

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City happiness explained: Love thy neighbour, live in a house

Sad metropolises. Book credits low-rise living and good neighbour relations for higher life satisfaction in smaller towns

KATE WEBB
Metro in Vancouver

Happiness is a lot of things, but if you believe the latest research linking it to urban design, it is closely tied to living in a moderately dense, ground-oriented community.

Vancouver author Charles Montgomery, whose new book, Happy City, was released earlier this month, spent five years researching which cities are the happiest and why, and said the results were surprising.

"Surveys of life satisfaction in Canadian cities show that Vancouver, Toronto, Calgary, the biggest cities, fall far behind smaller cities of modest means," he said.

The happiest cities, according to a UBC study, are both on the East Coast and share a lot in common besides their similar names: Saint John, N.B., and St. John's, N.L.

"The correlation is very simple," Montgomery said.

"Cities where people report high levels of trust for neighbours and strangers also rank highest for life satisfaction.

"In other words, the key ingredient to happy cities is positive social relationships, so the happy city is a social city."

He pointed out two common and somewhat opposite urban features that put a damper on positive social relationships: sprawl and towers.

"People who live in towers report trusting their neighbours less, getting favours from neighbours less, and being less likely to know each others' neighbours' names than people living on the ground," he said.

Sprawl, on the other hand, extends commutes, leaving less time for social interaction.

The happy medium for big cities, Montgomery argues, is creating moderate increases in density with more townhouses, row houses, laneway houses, single-family homes retrofitted to fit more suites, and co-housing.

University of Waterloo neuroscientist Colin Ellard, who has been helping to promote Montgomery's book, said proximity to green spaces is also a factor.

"There's a very well documented distinction between the way people behave and feel and think when they're in natural environments, as opposed to when they're in grey concrete," he said.

Classic chicken or egg conundrum: Is St. John's, N.L., one of the two happiest cities in Canada because it looks like a rainbow, or does it look like a rainbow because its citizens are so happy? FLICKR: NSPAUL

The wandering llama gets a home

Lisa Davenport helped capture this llama, which had been spotted wandering for nearly six months in Michigan. ZACK WITTMAN/THE FLINT JOURNAL/THE ASSOCIATED PRESS

A llama spotted wandering for nearly six months in Michigan has been captured and is getting a new home.

Mlive.com reports the llama that Kathy Kuzma calls Dolly was found Saturday in Oakland County's Holly Township, about 65 kilometres northwest of Detroit.

Kuzma has been on the lookout for the animal, which had been wandering her neighbourhood.

On Saturday, Lisa Davenport came to Kuzma's house to look for the llama. Davenport has three llamas of her own along with other animals at a Michigan farm.

The women walked into a field to give the llama some food, and Dolly stood still instead of being her usual skittish self. They then coaxed the llama into a barn.

Davenport plans to take the llama back to her own farm.

THE ASSOCIATED PRESS

Earth from way above

Webcams headed to space station

Two cameras that are expected to transmit images of the Earth on the Internet early next year have been launched and are headed for the International Space Station.

One of the cameras shoots photos, while the other streams video. The cameras, developed by Vancouver-based UrtheCast, boarded an unmanned Russian cargo spacecraft that blasted off Monday from the Baikonur Cosmodrome in Kazakhstan.

The cameras are expected to start rolling in a few months after some tests.

They will be able to show flash mobs, outdoor events, stadiums, boats and planes, but images such as licence plates and people's faces will be too small to be visible.

It will take four days for the cameras to reach the space station along with three tons of food, fuel and supplies packed with them.

THE CANADIAN PRESS

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Pat Dowell, a research technician at Lawrence Berkeley National Laboratory is collecting samples from an Atmospheric Radiation Measurement tower in Oklahoma, one of the states responsible for high methane gas emissions. ROY KALTSCHMIDT, LAWRENCE BERKELEY NATIONAL LABORATORY/THE ASSOCIATED PRESS

U.S. methane levels exceed estimates by millions of tons

Something's in the air. Cows, gas and oil in Texas, Oklahoma and Kansas to blame for the high numbers, according to a study

The U.S. is spewing 50 per cent more methane than the federal government estimates, a new scientific study says. Much of it is coming from three states: Texas, Oklahoma and Kansas. That means methane may be a bigger global warming issue than thought, scientists say. Methane is 21 times more potent at trapping heat than carbon dioxide, the most abundant global warming gas.

Much of that extra methane seems to be coming from livestock, including manure, belches, and flatulence, as well as leaks from refining and drilling for oil and gas, according to the study, which was published Monday in the Proceedings of the National Academy of Science.

The study estimates that in 2008, the U.S. poured 49 million tons of methane into the air.

That means U.S. methane emissions trapped about as much heat as all the carbon dioxide pollution coming from cars, trucks and planes in the country in six months. THE ASSOCIATED PRESS

Quoted

"The total U.S. impact on the world's energy budget is different than we thought — and it's worse."

Study co-author Anna Michalak, an Earth scientist at the Carnegie Institution for Science in Stanford, Calif., on America's methane gas emissions

A breath of fresh gas

49M

According to a new study, the U.S. poured 49 million tons of methane into the air in 2008, more than the 32 million tons estimated by the Environmental Protection Administration.

Happy birthday Canada

This message brought to you by the oil industry

The Canadian Association of Petroleum Producers is sponsoring the Canadian Museum of Civilization to the tune of $1 million.

The sponsorship will help fund 1867, an exhibit celebrating Confederation's 150th anniversary. Dave Collyer, of the lobby group, championed the deal as a "way for us to get the industry's presence more broadly identified and visible." Mark O'Neill, the museum's CEO, says such sponsorships will become more common as flat government funding fails to keep up with the rising costs of exhibitions. THE CANADIAN PRESS

A plaque about the Canadian Museum of Civilization in Gatineau, Que. THE CANADIAN PRESS

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Retailers aim to knock out rivals with deep discounts

Bargain hunters rejoice. Canadian and U.S. stores are duking it out for your shopping dollar — meaning better deals

Now that American retailers have landed in Canada, prepare for the fireworks as stores launch massive promotions and steep sales in an attempt to draw shoppers.

The arrival of Target and Marshalls — and the expansion of Walmart — hasn't exactly revolutionized shopping, but it has laid the foundation for what industry watchers say will be a bigger fight for market share next year.

"We can expect to see some very desperate retailers," said Brynn Winegard, a marketing expert at Winegard and Company.

For shoppers, that could mean significant price reductions, "Buy One, Get One Free" offers and similar promotions, while price matching and lax exchange rules set precedents.

And the super sales won't be limited to the big U.S. chains, as even domestic companies like Canadian Tire, Joe Fresh and Indigo will ramp up the spectacle around their own operations.

One of the most competitive spaces will be grocery stores where intermittent price wars have waged on for years. The recent rollout of competitively-priced produce sections at Walmart supercentres has added to the pressure, while Target also launched a mini-supermarket inside its stores. THE CANADIAN PRESS

Eye of the tiger

"It's a bloodbath for every retailer."

Home renovations retailer Rona chief executive officer Robert Sawyer said at an industry conference earlier this fall that U.S. entrants had made the retail market extremely competitive.

Worries over 'petcoke' pile up

Petroleum coke, or petcoke, is stored on barges on the Calumet River near the Chicago Skyway Bridge in Chicago in October. The grainy black byproduct of oil refining has been piling up along Midwest shipping channels and sparking a new wave of health and environmental concerns. The piles are evidence of a sharp increase in North American oil production — particularly crude extracted from oil sands in Canada — that has been trapped in the Midwest because of limited pipeline capacity to carry it to the Gulf and West coasts. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Random biz fact of the day

1.7

It costs companies 1.7 times as much to hire an external candidate.
FORBES

Market Minute

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TSX
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OIL
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GOLD
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Advertorial

Natural product approved for stress

Canada recently approved an all-natural product, Rhoziva, to help people combat the effects of stress, trauma, anxiety and mental fatigue. Rhoziva—which passed rigorous testing for safety, efficacy and other standards—elevates mood, supports mental focus and stamina, and improves overall mental health. This powerful antioxidant from Nanton Nutraceuticals is making a difference in peoples' lives. "Our goal is to provide Canadians with an ethical natural herbal product," said Rick Carbone, Nanton Nutraceuticals' Vice President of Sales.

Rhoziva's key ingredient is Rhodiola rosea that is organically grown in Canada by farmers in Alberta. Rhodiola rosea was featured on the Oprah Winfrey Show and highlighted by Dr. Oz, who called it one of his favorite adaptogens.

Canadians are also raving about it. For example, Debbie Duprey of Winnipeg said: "I would highly recommend this product to anyone who is feeling tired, depressed, and/or very stressed. It will calm you down, give you energy and aid you in the ability to deal with life."

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Abortion drug should be option: Report

RU-486. The drug is available in 57 other countries and should be approved by Health Canada, experts argue in a top medical journal

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

Behind the curve

1988

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000.

The drug, mifepristone, is used in combination with another medication already approved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada. THE CANADIAN PRESS

A Canadian Medical Journal commentary argues Canadian women should have access to the abortion drug Mifepristone, also known as RU-486. GETTY IMAGES FILE

23andMe

FDA halts sales of genetic test kits

The Food and Drug Administration has ordered Google-backed genetic test maker 23andMe to halt sales of its personalized DNA test kits, saying the company has failed to show that the technology is supported by science.

In a warning letter posted online Monday, FDA regulators say that the Silicon Valley company has not shown that its tests are safe or effective despite "more than 14 face-to-face and teleconference meetings" and "hundreds of email exchanges."

The agency orders 23andMe to stop marketing its test immediately, warning that erroneous results could cause customers to seek unnecessary or ineffective medical care. 23andMe's saliva-based test kit, launched more than 5 years ago, claims to tell customers if they are at risk for more than 250 diseases and health conditions.

The FDA says only medical tests that have been cleared by the government are permitted to make such claims.

THE ASSOCIATED PRESS

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Seal product ban. Canada to appeal WTO ruling

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare.

While anti-sealing advocates say it's a landmark victory that upholds the European Union embargo, the WTO points out inconsistencies that it wants fixed.

A dispute settlement panel reported Monday that exceptions under the ban for aboriginal hunts and those conducted to manage seal populations and protect fish stocks are not being fairly applied.

As a consequence, those exemptions "accord imported seal products treatment less favourable" than for domestic and some other foreign products.

The panel recommends that the WTO ask the EU to bring such measures in line with its international trade commitments. However, the report also finds that the ban "fulfils the objective of addressing the EU public moral concerns on seal welfare to a certain extent, and no alternative measure has been demonstrated to make an equivalent or greater contribution" to that goal.

The decision affects hunters in Atlantic outports and Inuit communities who say the embargo discriminates against Canadian seal products. The federal government said in a statement that it will appeal.

THE CANADIAN PRESS

Seals and Sealing Network's Aaju Peter at a news conference in Ottawa on Monday. THE CANADIAN PRESS

Airlines to make call on cells on planes

One frequent flyer thinks letting passengers make cellphone calls in airplanes will lead to arguments. MATT SLOCUM/THE ASSOCIATED PRESS FILE

The Federal Communications Commission might be ready to permit cellphone calls in flight. But what about the airlines?

Old concerns about electronics being a danger to airplane navigation have been debunked. And airlines could make some extra cash charging passengers to call a loved one from 35,000 feet. But that extra money might not be worth the backlash from flyers who view overly chatty neighbours as another inconvenience to go along with smaller seats and stuffed overhead bins.

Irritation in the air

"You think the debates and fistfights over reclining the seat back was bad. Wait until guys start slugging it out over someone talking too loud on the phone."

James Patrick II, a frequent flyer

"Common courtesy goes out the window when people step in that metal tube," says James Patrick II, a frequent flyer from Newnan, Ga.

That's one of the reasons the country's largest flight attendant union has come out against allowing calls in flight. The FCC is proposing to lift an existing ban, and airlines would have to decide whether to let passengers make calls. The ban would remain in effect during takeoff and landing.

Delta Air Lines is the only major airline to explicitly state that voice calls won't be allowed on its flights, even if the FCC allows it. THE ASSOCIATED PRESS

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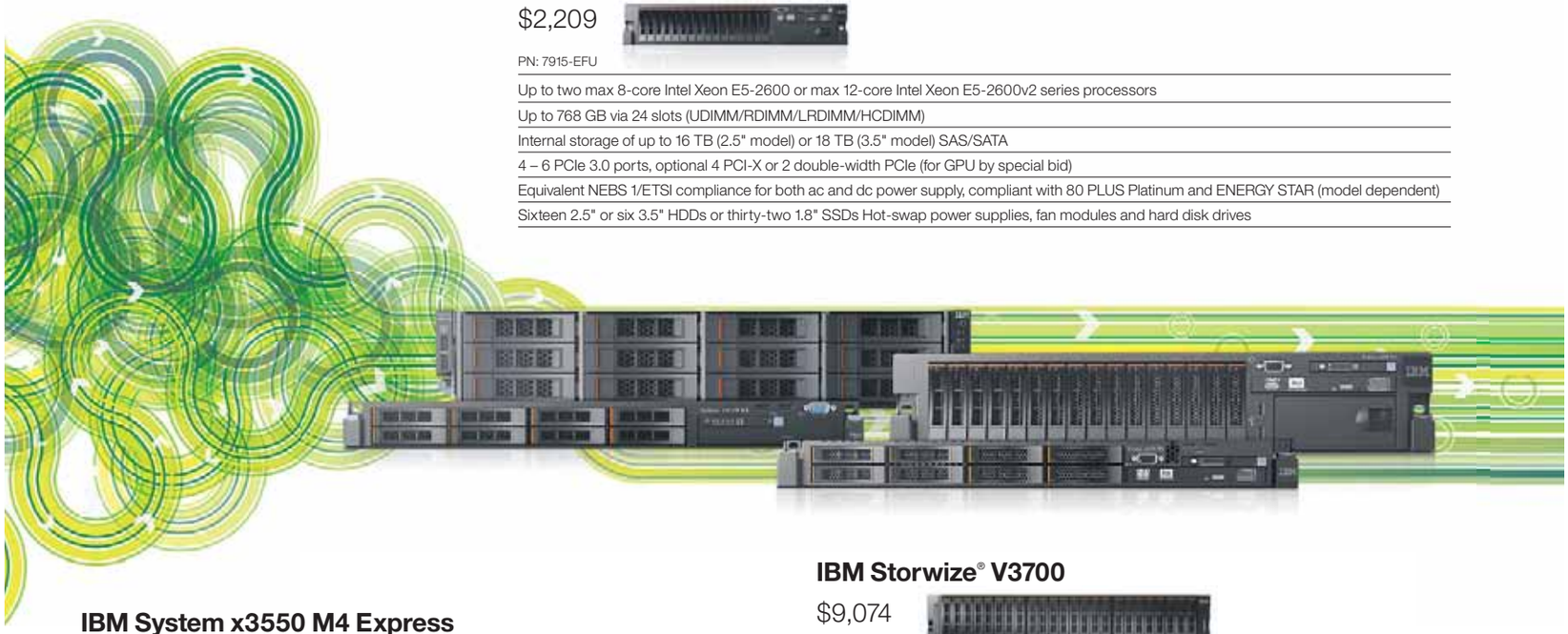

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[1] As of May 7, 2013. See http://www.tpc.org/1791

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 richies

Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

• Low-income families (less than $50,000): 75 per cent are employed in insecure employment.

• Middle-income families ($50,000 - $100,000): About half are in insecure employment.

• High-income (over $100,000): Over one-third are in insecure employment. PHOEBE HO/FOR METRO

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. PHOEBE HO/METRO

Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

So I told the Danimal the plan — and then after that I drove over to his place to check up on Chantelle. I rang the doorbell (also Dust in the Wind by Kansas — these people are thorough) and a much cleaner and studlier-looking Darren opened the door in a housecoat, holding a vodka tonic. "Chantelle! It's Florence Nightingale!"

"Ask her to come in."

Dan's house truly rocked — everything you'd expect in the gated community lifestyle. The fire pit alone was the size of my bedroom.

"Hi sweetie, have a drink. Darren, make our guest a Greyhound. There's fresh grapefruit juice in the fridge."

"Will do."

"So," asked Chantelle, "How's Dan?"

"He's looking good. Have you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it. How are you doing?"

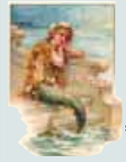
"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.



SOURCE: WTFFUNFACT.COM

Random biz fact of the day

56%

Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.

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WHY MILEY, NOT HANNAH MONTANA

SHE SAYS

Jessica Napier
metronews.ca

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Put on your yarmulke, it's turkey time

PAUL SANCYA/THE ASSOCIATED PRESS

Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menurkey.

Or a turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menurkey she created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for $12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

The TARDIS Data Core:

Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)

Comments

RE: Black Friday and America's Working Poor, published online Nov. 24

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over $250,000. That's should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrrr posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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DVD review

The Grandmaster

Director. Kar Wai Wong

Stars. Tony Leung Chiu-Wai, Zhang Ziyi

●●●○○

Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants.

He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion. Extras include making-of featurettes and a conversation with Shannon Lee, daughter of Bruce Lee, but beware — this is the 108-minute U.S. cut. You have to go import if you want the 130-minute original.

PETER HOWELL

TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC
scene@metronews.ca

Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.

S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

Sterling Cooper & Partners (Mad Men)

While Don Draper can be a hard case, he knows great talent when he spots it. Impress the cagey creative director and your temporary stint could lead to a permanent position. In this swinging '60s creative powerhouse,

that means cavorting with fetching co-workers, three martini lunches, casual office sex and of course a creativity-stoking corporate culture.

World Famous Gold & Silver Pawn Shop (Pawn Stars)

Temping here would be a history wonk's dream. Valuable sports memorabilia and antique military firearms come through daily and organizing these artifacts beats typical office drudgery. Besides, when's the last time you fired a 100-year-old Hotchkiss Cannon to see if it works?

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Star Wars fans find a new hope at casting call

Lining up in London. U.K. hopefuls had their chance to impress on the weekend, most left with dreams dashed

KIERON MONKS
Metro World News in London

To a rugby stadium far, far away they flew in their masses, bright-eyed and buzzing with the opportunity before them, to achieve immortality by landing a part in the most successful film franchise ever. When Star Wars auditions beamed down to a drab southwest London suburb — on a frozen morning, this past Sunday — true believers answered the call.

They needed belief to respond to a brief demanding "beautiful, smart and athletic" characters; a girl to play a 17-18-year-old, and a boy 19-23. A casting spokesperson had starkly re-enforced the message, "If you don't fit the brief don't come — you're ruining it for others."

But semi-rational hope — and the knowledge that Luke Skywalker himself, Mark Hamill, had been cast as an unknown — ensured that queues stretched around Twickenham Stadium when the audition tents opened at 11 a.m. They had grown to several thousand since the earliest arrivals before 6 a.m.

A group of hopeful drama students wait in line for an open Star Wars casting call on Sunday. KIERON MONKS/METRO

Tension built toward the front, a hotbed of motivational psychology. "I feel I meet the brief enough to give it a shot," says Nathan Maccauley, a student originally from San Francisco. He had identified a "competitive vibe", but felt that his knowledge of the series could provide an edge. "It's full of strong characters that stay true to themselves when they are pulled in different directions."

The competition was shown when dancer Freddy crashes our interview, bouncing with the nervous energy of a caffeine rush. "I'm doing this to challenge myself," she says. "I normally do theatre and music videos, but I'll do anything. I'm not fazed."

Further back, later arrivals had been herded into a pen. "It took three trains to get here," explains Colby, a musician with teeth filed to vampire points. A lifelong Star Wars fan, he said that bounty hunter Boba Fett was the best character in the series as subtle acting was "drowned" by the special effects.

Journey times ran into days and the queue demanded several hours, but applicants passed through the blue audition tents in minutes. "They just asked me my age and what experience I had, but it was all about looks," an unsuccessful boy said bitterly, adding that no refreshments or toilet facilities had been provided during his ordeal — Hollywood glamour in short supply.

By 1 p.m., cynicism had spread through the ranks of the rejected. "This might just be a publicity stunt," said Oliver, one of four drama students sitting in camping chairs pitched by the entrance. But then a text revealed that two friends had passed to a second stage reading, and a new hope spread among the faithful.

Quoted

"They just asked me my age and what experience I had, but it was all about looks."

A bitter and unsuccessful applicant at London's open casting call for the new Star Wars film

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Williams-Paisley smacks down Underwood rumours

PAT HEALY
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

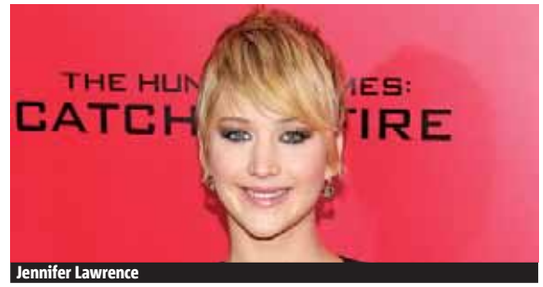
The actress said she's confident in the strength of her marriage. "We spend as much time as we can [together]. We're very down-to-earth people. We come from good families, and we appreciate family."

Murray remains mum on Michael's alleged misconduct

In his first interview since being released from prison, Conrad Murray has plenty of candid things to say about Michael Jackson — but he'll only go so far. At one point, 60 Minutes in Australia correspondent Liz Hayes asks, "Do you believe he's a pedophile?" and that's when Murray gets cagey. "I'm not prepared to answer that question, not now," Murray says. "I would not make up or fabricate anything." When Hayes points out that she'd expected him to just say no, Murray gets even more vague: "One thing I will tell you is this. I may have formed an impression of an individual based on certain things I have seen or encountered," he says. "You asked a question, and I'm not prepared to answer it. Not now."

Michael Jackson ALL PHOTOS GETTY

Has Lawrence's relationship, once on Hoult, caught fire again?



Jennifer Lawrence

It looks like the summer reconciliation between Jennifer Lawrence and on-again, off-again boyfriend Nicholas Hoult worked out, as a casually dressed Hoult was spotted in Lawrence's limo as she left her taping of the Daily Show with Jon Stewart in New York last week, according to Us Weekly. The pair originally met on the set of X-Men: First Class in 2010 and dated for about two years before splitting up in January, but they seemed to be back together this summer while filming the next X-Men film. Despite Lawrence's hectic travel schedule promoting The Hunger Games: Catching Fire, she and Hoult "talk constantly," according to a source.

Sun safety no joke for Jackman

Hugh Jackman

Hugh Jackman is speaking out after a recent skin cancer scare, urging his Instagram followers to be careful. "[My wife] Deb said to get the mark on my nose checked. Boy, was she right," Jackman wrote in a caption for a photo of him with a bandaged nose. "I had a basil cell carcinoma. Please don't be foolish like me. Get yourself checked. And use sunscreen!"

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Learning all her secrets

Interview. Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

ROMINA McGUINNESS
Metro World News

The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

How do you make sure you look great in your underwear?
I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie Black Swan). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

Do you work out as much once the show is over?
No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

But do you enjoy it — all the working out?
I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?
I try and not worry about what other people say. Everyone has their flaws … but leading up to the show, I'll do like, a billion butt lifts.

Are you happy with the results — how are you feeling butt-wise?
Yeah, I feel good.

What about your diet? Do you eat better, or less?
When you work out a lot, you can indulge, so my diet doesn't change too much. It's not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

You must be sick of it, surely.
No! I eat chicken all year. I love chicken legs, and chicken wings … that's kind of like, almost a whole chicken.

What 'you can't touch this' food do you want to eat once the show is over?
I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.
You never know …

What about your pre-show beauty rituals?
I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?
I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

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Best Health

Options for natural cold remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

The average person contracts more than 150 colds during their lifetime, and Canadians spend more than $300 million each year on remedies for cold and flu symptoms. In the November/December issue of Best Health, alternative-health expert Bryce Wylde writes about the natural options for relieving those symptoms. Here are some of the article's highlights.

Probiotics
Many people think of these as helpful only to the digestive system, but probiotics also boost immune function, so they can help prevent colds. When buying, choose brands with 50 billion to 450 billion intestinal flora per dose.

Echinacea
This has been both panned and endorsed for its efficacy in preventing colds and relieving symptoms. So are you wasting your money if you buy echinacea? It depends on the formula you choose. The root and flower of the plant each contain different immune-boosting chemicals, so you should get a formula that includes both plant parts. A. Vogel's Echinaforce is one brand that contains these.

Nasal strips
Sleep is one of the most important things to get more of when you are fighting a cold, but that can be tough when you're kept awake because of nasal congestion. Try nasal strips such as Breathe Right, which open the nasal passages naturally.

Cough suppressants
There are many natural options available at both pharmacies and health-food stores.

Examples
Boiron Coryzalia Cold contains plant materials such as allium cepa, sabadilla and pulsatilla, and helps with symptoms such as runny nose and sneezing. There's also Nature's Way Sambucus Flu Care bio-certified black elderberry syrup, which is very effective.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Natural remedies such as echinacea pills have received mixed reviews on their effects and benefits. ISTOCK PHOTOS

Half Off update: A winning attitude

Healthy habits. Follow along as Metro's Winnipeg editor fights to lose weight and more importantly — keep it off for good

Two months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it on her blog, Half Off.

If you've tried to lose weight you know that there's always a little voice asking: will I pack those pounds back on?

"It happened to me in my 20s," says Dacey, who went from 225 to 160 pounds but gained the weight back and then some. Over the last few weeks, she's been grappling with that fear of failure.

"It's more difficult for me this time around because I've already failed once."

But those days are few and far between, and Dacey also knows she has made real progress — she has lost over 35 pounds and kept every one of them off. She also sees key changes in herself that signal a lifelong change.

Here are three critical changes she's made.

1. When she's frustrated, instead of going to the cupboard, Dacey heads to the basement workout room, puts on her running shoes and goes through her workout routine.

2. When her family decides to go out for a meal, Dacey does her research so she can make some healthy choices ahead of time.

3. Dacey keeps a food journal and enters everything she eats, even when she goes over her daily limit. "I'm much more conscious of what I'm putting in my mouth."

For 10 Winning Attitudes of Healthy Women, check out the Half Off blog at metronews.ca/voices/half-off/

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Compressing facts on gear

Fitness clothes. The jury is still out on whether compression gear actually helps

ANISA ARSENAULT
Metro World News

You look great in your compression gear, but does it actually help you as a runner? ISTOCK PHOTOS

It's race day. You stretch on your most intimidating compression gear, knowing that the extra slimming material and arbitrary flashy stripes (which you assume are doing the "compressing") separate you from your lowly competitors.

You know, the people who are only wearing regular spandex. But scientifically speaking, can you be sure compression gear is effective?

Kai Karlstrom, a triathlete and Tier Four Trainer at Equinox in New York City, says no. But that doesn't stop him from wearing it.

"Everything about compression gear is anecdotal," Karlstrom says. "All of the research that I have seen doesn't prove that it actually has any effect; the blood, or physical markers of recovery, don't show anything different. But muscle soreness and perceived recovery is a benefit that almost everyone feels."

In other words, researchers say nothing proves that compression gear works, but everybody indicates that they feel better.

"The research doesn't prove anything, but that being said, I use mine." Karlstrom says of his apparel.

While he says that research is inconclusive, there is heavy scientific rationale behind the functionality of compression gear. The pressure is supposed to improve blood circulation, delivering more oxygen to contracting muscles while allowing waste products to be pulled out.

"Gear with a specific amount of compression — anywhere from 15 to 35 millimeters of mercury (mmHG) of compression— functions on a few principles," Karlstrom explains. "The main one is muscle pump, and/or venous return. When we stand for a while, blood can sometimes pool at the bottom of our legs, because blood has to fight gravity back up to our heart. When we wear compression gear, it helps constrict the blood vessels, or the veins, to aid in recovery of the muscles. When the blood flows better, waste products are pulled out in a better manner."

According to Karlstrom, this compression process is most effective in the leg area, making compression tights better than compression arm sleeves.

"I know they make compression gear for your arms and things like that, but I find the legs are where you get the most bang for your buck," he says.

As compression gear becomes trendier in the fitness world, athletes erroneously rely on it as a simple solution to pain.

"It shouldn't be a remedy for pain, and I think too many people are trying to use it as such," Karlstrom says. "People don't really know what's going on in their bodies, so they find a simple solution."

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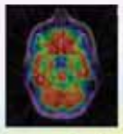

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ADVANCING GENERICS

Stir-fry goes leaner with turkey

ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

Turkey breast is an even leaner protein than chicken breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

This recipe serves four. ROSE REISMAN

Ingredients

Sauce

- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tbsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

Stir-fry

- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve immediately, garnished with cashews and green onion.

Health Solutions

Gooble, gobble, French style

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is a region in France, south of Paris that is bucolic and rural and is the source of the next greatest gift of poultry.

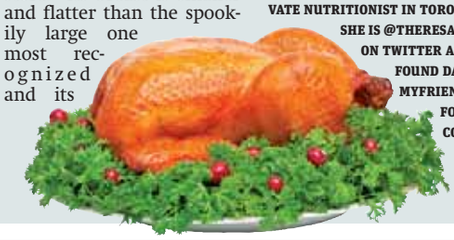
"This breed is technically called Black Turkey since its feathers are black," says Sam Gundy of Olliffe Butchers in Toronto, "but it will be marketed for the first time this holiday season under the name Aritsan Gold."

The turkey looks nothing like the big frozen bird you will find at the grocery store. Its breast is smaller and flatter than the spookily large one most recognized and its legs are bigger and darker. Almost as if it could actually walk which, in fact, this bird does. It is slowly and naturally grown and antibiotic free.

Artisan Gold roasts just like a regular bird only it doesn't require any "butter" injection, brining or basting. Its flesh is slightly more yellow and much meatier tasting. If you are counting on pan juices for gravy, you will have to add them because all the juices stay in and keep the meat moist. No oil slick on top of salty brine here.

Simply take the neck and gizzards and simmer on the stovetop covered with water to make a healthier, leaner, tastier gravy.

Vive la France.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Start-up advice from a couch-surfing millionaire

Entrepreneurship. Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH BRAW
Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?

We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

So your company didn't seem like a winner in the beginning ...

We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not for everyone. But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds.

What's the make-or-break point for a start-up?

When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people. Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it.

What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?

A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other. We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

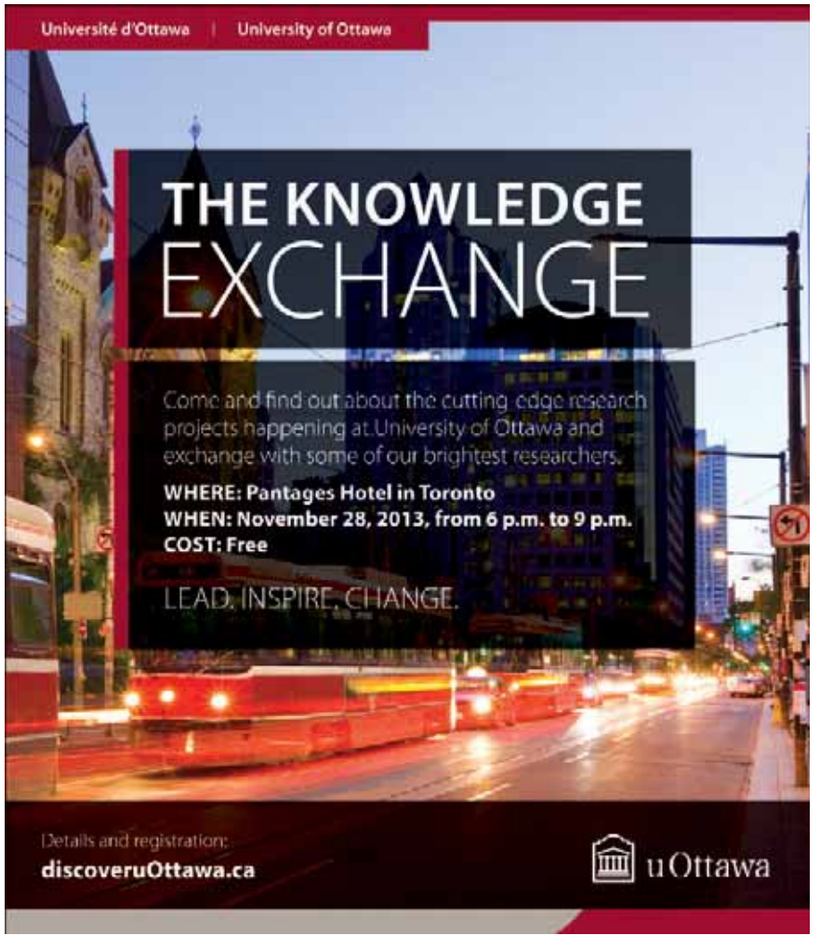
Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?

The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?

Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market system, but it doesn't mean that you can't create your own market. For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own.

"Come share my bed." Brian Chesky has millions of reasons to smile after he made couch surfing a huge business. AGATA NOWICKA/ENDO.PL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Quiet zone

Career coach Michele Waters said there should be a real separation from the rest of the home and living environment, which includes the need for respect from others who may be at home around what it means when a person is in the home office.

- "There needs to be support, and kids need to recognize when mom or dad is in their home office, they need to respect the need for privacy with a lack of interruptions."

The building blocks of doing business at home

Optimal office. There are ways to prep for perfection when your hard work is done down the hallway from your bedroom

The home office in the Toronto condo of Kara Reed, a real estate sales representative, is compact but efficient and showcases Reed's love of natural light and the colour orange. HANDOUT / KARA REED / THE CANADIAN PRESS

Being efficient in a home office means creating an environment that is built and designed for success.

When Kara Reed, a real estate sales representative, moved into her new Toronto condo, she decided a well-designed home office was important.

Even though Reed has an office in her work building, she still works from home daily, beginning and ending her day there.

"I had always worked from home," she said.

"I just wanted a home office I felt at home in. We just went about setting it up in a way that was comfortable because I do spend a lot of time in it when I am home."

In the compact space organization was key.

After moving her work files to her office building, Reed made sure the essentials were at her fingertips.

"I'm very organized so what I do have in my office is my personal files and everything I need to operate at home is in one filing cabinet," she said.

While creating a space that is organized and efficient is important for a home office, Reed's wish list also included a beautiful, well-designed space. She wanted it to have a modern feel but still have warmth. "The floors that I chose are reclaimed ash," she said. "It is 100 years old and I loved it, so that's where I spared no expense."

Reed's office includes a lot of personal features, such as four clocks set to different time zones.

Beneath each clock, the zone is labelled using letters from her grandmother's Scrabble set. According to Michele Waters, career coach at Career Quest Coaching in Victoria, the design and setup of a home office is vital for success.

"The space where the person works needs to be a lovely space to work within," said Waters.

"It needs to have a desk, computer, and the other tools the person may need for their trade, rather than working off a kitchen table."

In addition to a space and environment designed for success, Waters said it is important to recognize how personality traits can affect the ability to work from home.

"I'm going to say probably more introverted people might be better suited because there is less social action," she said.

"But there are also tons of extroverted people who are well-suited to self-employment, but I think typically what their work might include is going out into the community to offer a service or a product."

Regardless of personality type, incorporating social interaction into the individual's life is important for balance and to maintain drive and focus in the home office.

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TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Spark Session

What: Canada's first beauty and blogging conference.

Where: Centre for Social Innovation, 720 Bathurst St., Toronto

Why: "I'm just a girl who likes fashion and it's become a business," says Karyn Johnson, founder and editor-in-chief of Killer Kurves, a plus-size fashion blog

The days of fashion and beauty bloggers living their lives in the background, critiquing or complimenting products anonymously in the blogosphere is over.

These days beauty and fashion bloggers are just as famous online as they are off.

Their hobbies and personal lives have merged to become brands in themselves, turning what was once viewed as new-age journaling into a business that includes invites to fashion shows, backstage passes and, more importantly, money. Think sponsorship deals, mainstream advertising and clients like Cannon, Holt Renfrew and L'Oreal.

They are, in the truest sense, entrepreneurs who have turned what they know and like into a job — although as I learned at Sparks Session — Canada's first beauty and fashion blogger conference — for many it's a job they'd do for free or very little money anyway.

E-laborate

• Go to http://metronews.ca/voices/mom-and-pop-shops/ to learn more tips on how to turn a blog into a successful business

The organizers behind Spark Session — the Canadian fashion and beauty blogging conference. PROVIDED

The conference had 21 influential bloggers from across Canada speak about networking and fashion and beauty publishing tips.

One of those bloggers was Karyn Johnson, the woman behind popular plus-size fashion blog Killer Kurves. She has turned her passion for plus-size clothing into a spokesperson position with clothing company Addition Elle, and more.

"I'm just a girl who likes fashion and it's become a business," says Johnson. "I was constantly learning … I didn't know how to make a blog in WordPress at the beginning. My first blog was in Blogger and that's now obsolete, so you have to keep changing and adapting."

Marissa Anwar, the co-founder of Sparks Session, is an entrepreneur and the publisher of Chic Darling, a lifestyle magazine.

"Building a brand from scratch is harder than most people realize," she says. "However, not everyone aspires to be a huge name in the blogging world. Some just use it as a creative outlet. Regardless of what their goals are, putting your work out in the public arena is extremely brave."

Anita Clarke is the founder and editor-in-chief of the popular fashion blog I Want — I Got. The fashionable Torontonian shared her thoughts and success story at the conference.

"Oh, god" she says with a laugh after I ask her about tips on turning a fledgling blog into a success others will want to emulate. "A lot of the time you don't really get to choose whether you're going to be successful or not, the audience chooses that for you."

The truth, she admits, is to find what makes you unique and capitalize on that. "You need some kind of hook and you have to have some point of view and it has to be distinct and something that is different from what everyone else is doing. Definitely have an idea what your site wants to be and what kind of voice you want to portray."

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GUELPH BELIEVES IN SUSTAINABLE VALUE

With a reputation for its commitment to building a better planet, the University of Guelph is now offering a new MBA program in sustainable commerce.

This MBA builds on the strengths of the other MBA programs, capitalizing on growing corporate interest in all things sustainable, driven by social awareness and changing employee expectations, consumer preferences and demands by shareholders.

"We believe that business, done well, is essential to economic, social and environmental health and the development of sustainable organizations and communities," says Julia Christensen Hughes, PhD, dean CME, University of Guelph.

"Our MBA in sustainable commerce is designed for practising managers who believe as we do — in sustainable value creation and social enterprise; those who have been tasked with providing leadership for their organizations in the area of sustainability, or who are interested in having such responsibility in the future."

Guelph's MBA in sustainable commerce has been designed to provide students with a solid grounding in contemporary management theory, taught through a sustainability lens.

"Students will explore what corporate social responsibility and sustainability mean in today's business context, as well as develop the skills to become organizational leaders who can inspire change and contribute to the creation of sustainable and ethical enterprise," Hughes says.

The full-time MBA begins in September 2015, which Hughes says will be of benefit to those who are committed to pursuing a career change and are able to devote themselves to full-time, on-campus study.

For those wishing to develop their managerial potential and academic standing without having to interrupt their careers, the online program has been designed to meet the needs of these students.

Within this offering, an innovative and interactive online learning experience is enhanced by three brief, intensive, in-classroom courses that provide participants and faculty with the opportunity for face-to-face interaction.

The program begins in May each year and can be completed in two years.

LEARN MORE

Applications are being accepted for the May 2014 online MBA and September 2015 on-campus MBA offerings.

To learn more about the CME executive programs, plan to attend an MBA information session at the University of Guelph campus March 6, 2014, at 7 p.m.

For more information, please visit uoguelph.ca/cme/mba.

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Rotman School of Management
UNIVERSITY OF TORONTO

HIT THE GROUND RUNNING WITH SCHULICH

MBA graduates will be able to hit the ground running in the international job market after mentoring small and medium-sized business owners to expand globally, says director Lorna Wright

Schulich's new Centre for Global Enterprise will provide MBA students with valuable hands-on experience consulting with and mentoring Canadian small and medium-sized businesses (SMEs) aiming to expand globally, Wright says.

The centre, a one-stop consulting, research and teaching hub that launched last week, will provide MBA students with an opportunity to complete their mandatory field study project as part of a faculty-led team consulting with successful Canadian SMEs aiming to compete internationally. The Centre for Global Enterprise is also expected to lead to internship and employment opportunities for students.

KONSTANTIN CHAGIN/SHUTTERSTOCK

The Centre for Global Enterprise will also offer a new certificate in managing international trade and investment, made possible through support by EDC. This will help identify students as excellent hires for SMEs preparing to go global, says Wright, who holds the EDC professorship in international business at Schulich and is the inaugural director of the Centre for Global Enterprise.

This certification, and other experience opportunities offered by the centre, will allow Schulich students to "hit the ground running" upon graduation, Wright says.

In addition, the centre is working with EDC to develop a national curriculum in integrative trade that will be available to all Canadian universities. The national curriculum will provide resource materials to augment various business school offerings focused on developing business leaders who can successfully manage international trade, foreign investment and global supply chains.

Schulich students will also benefit from student financial aid through the Scotiabank Global Scholars program offered by one of the founding members of the centre.

The centre is clearly needed, experts agree. Canada's estimated 1.4 million SMEs, defined by Industry Canada as companies that employ fewer than 500 people with revenues of less than $50 million, make up about 98 per cent of the nation's businesses and employ almost 60 per cent of the country's workforce. Yet, only about eight per cent of SMEs have developed significant export markets, which undermines Canada's continued economic prosperity at risk, Wright says.

Recognizing Canada's need for such a centre, a number of organizations have become founding members. The Certified General Accountants of Ontario (CGA Ontario), Export Development Canada (EDC), RBC and Scotiabank are all actively working with the school to support many of the centre's initial activities.

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mba.degroote.mcmaster.ca

DeGroote SCHOOL OF BUSINESS
McMaster University

DEGROOTE HELPS BUILD LEADERS

CO-OP PROGRAM OFFERS STUDENTS REAL-WORLD TIME

WRANGLER/SHUTTERSTOCK

It was the mid-1970s when a young Stephen Hart decided to pursue his MBA at McMaster. Hart had just finished a degree in geophysics and was attracted by the university's unique new co-op program.

"I just wasn't interested in doing a traditional MBA," he says. "After four years of schooling, I knew I needed some real-world time."

That real-world time began with a co-op stint with the Bank of Nova Scotia and turned into a nearly four-decade-long career. Hart now works as Scotiabank's chief risk officer, managing credit, market and operational risk for the entire enterprise. Although he loves his job, he says he never imagined his co-op placement would turn into such a long-lasting career.

"At the time, I wanted to get a better feel for what I could do," he says. "At that age, there are very few people who wake up and know they want to be a banker."

Which is precisely why the DeGroote School of Business' MBA co-op program has been so successful.

The program, which celebrates its 40th anniversary this year, filled nearly 400 work placements in 2013 at organizations like Energizer Canada, Habitat for Humanity, Scotiabank, and St. Joseph's Healthcare.

They don't all turn into lifelong careers, but the co-ops do help students figure out what sort of work might be right, or wrong, for them.

Stephen Hart

"Students come in with little to no work experience and the co-op program gives them a full year of it," says Isabella Piatek, the program's manager. "Combined with the career coaching and support provided by the Centre for Business Career Development, it's of huge benefit to students when they prepare to enter the job market."

Hart agrees, and says he appreciated the MBA program's pragmatic outlook on employment. "The more you get into real-life situations while in school, the more prepared you'll be."

CONTRIBUTED

CFA DESIGNATION CAN BOOST CAREERS

The chartered financial analyst (CFA) designation is the most prestigious and most sought after professional designation in the investment world, says one expert at Wilfrid Laurier University.

"The major reason for the CFA designation being so highly respected is the rigorous training one must go through and the low pass rates for the exams," says Tony Tang, MBA/CFA® program coordinator, associate professor of finance, Wilfrid Laurier University, school of business and economics. "Receiving the CFA designation will provide a major boost to one's career in the investment field."

The Laurier MBA with CFA® study option is one of only three offered in Canada and is designed to provide thorough training to students for the CFA exams. This option is a part-time program where students take classes on alternative weekends, which is perfect for working professionals.

"Students are only required to have basic understanding of financial management, as the program is designed to provide thorough and in-depth training to anyone who is interested in a CFA designation," Tang says.

Students will be prepared for CFA Level 1 and 2 exams and are taught by highly qualified and experienced faculty members.

For more information about the April 3, 2014, intake of the MBA with CFA® study option, visit lauriermba.ca.

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The Rotman School of Management one-year executive MBA develops leaders to assist organizations to remain competitive and maximize potential within their workforces.

"Leadership development brings great value and benefit to the organization as well as the individual," says Ryan Rodrigues, MBA, director, leadership development and recruiting, executive MBA programs, Rotman School of Management, University of Toronto. "By investing in leadership development, organizations signal the value of professional growth and their commitment to innovation."

Students are able to maintain full-time employment while they complete the program.

Rodrigues says students of the program average eight-and-a-half years of management experience and 13.7 years of work experience. He adds that the number of women enrolling in the EMBA program has seen an increase this year over previous years, and is higher than most countries.

Another way to earn an MBA at Rotman is through the leadership excellence acceleration program (LEAP) model.

"It was designed as the cornerstone of the program to give our students measurable outcomes and change through a customized leadership curriculum," Rodrigues says. "It also gives them the tools to continue their development long after their MBA experience."

For more, visit rotman.utoronto.ca.

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Open doors to a career in accounting. Choose the CA Accredited Stream or the Management Accounting Information Stream. A unique 12-month program designed for both non-business and business graduates alike.

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www.schulich.yorku.ca

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#22 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (13th best non-US school); *Corporate Knights* (#1 in the world); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#22 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, *Corporate Knights,* The Aspen Institute and *Expansión*.

NFL. Publicist shoots down Bon Jovi, Bills rumour

While Jon Bon Jovi is interested in becoming an NFL owner one day, he's not currently pursuing the Buffalo Bills, the New Jersey rocker's publicist told The Associated Press on Monday.

"The Bills are not for sale, and he has too much respect for Mr. Wilson to engage in any discussions of buying the team," Ken Sunshine said, referring to Ralph Wilson, the team's Hall of Fame owner.

Saying Bon Jovi has "a day job that's doing very well," Sunshine added: "It's preposterous to say he's had any discussions with the Bills and Erie County." THE ASSOCIATED PRESS

Bon Jovi is not angling to become owner of the Bills, his agent says.
GETTY IMAGES

NBA. Rose done for season due to latest knee injury

Chicago Bulls star Derrick Rose is out for the remainder of the season.

The team said that Rose had successful surgery Monday morning in Chicago to repair a torn medial meniscus in his right knee. He was hurt Friday night at Portland.

The 2011 NBA MVP missed all of last season after tearing the anterior cruciate ligament in his left knee in Chicago's 2012 playoff opener against Philadelphia. He has played in just 50 NBA games — 49 in the regular season and that lone playoff game — since the Bulls' run to the Eastern Conference finals during his MVP season.
THE ASSOCIATED PRESS

Bulls back to Plan B

"We have to circle the wagons, and then get out there and get the job done."

Bulls head coach Tom Thibodeau on playing the majority of another season without 2011 NBA MVP Derrick Rose

Leafs ice cold vs. Jackets

Maple Leafs captain Dion Phaneuf and Columbus centre Boone Jenner collide during the Blue Jackets' blowout win on Monday night at Air Canada Centre.
RICK MADONIK/TORSTAR NEWS SERVICE

NHL. After excellent play to start season, Toronto's goaltending collapses against Columbus

Goaltender James Reimer allowed six goals on 21 shots as the Columbus Blue Jackets blanked the Toronto Maple Leafs 6-0 Monday night.

Cam Atkinson and R.J. Umberger scored for Columbus (9-12-3) in a 20-second span in the first period. Then Jack Skille and Ryan Murray added goals 3:15 apart in the second period.

Ryan Johansen scored twice in the third as the Blue Jackets won for the third time to conclude a five-game road trip.

Sergei Bobrovsky made 18 saves for his fifth career shutout.

Reimer's loss for Toronto (14-9-1) comes two nights after he had a career-high 49-save performance in the Maple Leafs' 2-1 shootout victory over the Washington Capitals.

Atkinson opened the scoring at 10:18 of the first period, knocking a Matt Calvert pass out of mid-air and putting it past Reimer for his sixth of the season.

Twenty seconds later, Umberger picked up his sixth of the season, putting home the rebound after Reimer made the initial save off Ryan Murray's wrap-around attempt.

James van Riemsdyk had Toronto's (14-9-1) best chance of the first period, one-timing a Phil Kessel feed through Bobrovsky's pads, but the puck trickled just wide of the Columbus net and the Leafs' troubles only got worse from there.
THE CANADIAN PRESS

On Monday

6	0
Blue Jackets	Maple Leafs

Billion dollar Buds

$1.15B

The Leafs are once again the NHL's most valuable team, worth an estimated $1.15 billion, a 15-per-cent increase over last year's total according to Forbes magazine.

Tennis

Raonic named Canada's best

Thornhill's Milos Raonic has been named Tennis Canada's male player of the year after making history this season.

The 22-year-old became the first Canadian to be ranked in the top 10 on the ATP World Tour.
THE CANADIAN PRESS

NBA

LeBron shoots out lights in Heat win

LeBron James scored 35 points on only 14 shots from the field, Dwyane Wade added 21 points and 12 assists and the Miami Heat won their seventh straight game, beating the Phoenix Suns 107-92 on Monday night.
THE ASSOCIATED PRESS

Price of gold

$122K

Russia will pay hefty bonuses to athletes who win medals at the Winter Olympics on home soil in Sochi. A decree posted on the government's website says Russia will pay $122,000 US to Russian gold medallists, $76,000 to silver medallists and $46,000 to bronze winners. Russia introduced bonuses for medallists in the 1990s when individual athletes and entire sports federations were surviving on paltry state subsidies.

CFL

"It's a sense of relief and redemption."

Saskatchewan GM Brendan Taman on Monday, the day after his Roughriders won the Grey Cup at home in Regina. A Grey Cup parade has been set for Tuesday, starting at Mosaic Stadium before heading south down Albert Street and ending at the provincial legislature.

Sports in pictures

1

2

3

1 NBA. Injured Bryant given mega-extension

The Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the aging superstar with what ESPN reports is a deal worth $48.5 million.
THE ASSOCIATED PRESS

2 NFL. Rodgers' return on hold

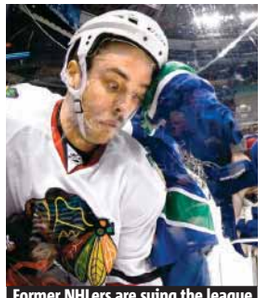
Packers coach Mike McCarthy said Monday the chances of quarterback Aaron Rodgers playing Thursday at Detroit are "slim to none."
THE ASSOCIATED PRESS

3 NHL. Bolts' Stamkos back on his feet

Tampa Bay Lightning star Steven Stamkos is walking without crutches or a boot two weeks after breaking his right leg and said Monday he fully expects to play again this season. THE ASSOCIATED PRESS

Ex-players suing over concussions

NHL. Former Maple Leafs in group that cites league didn't provide enough protection



Former NHLers are suing the league claiming it has not done enough to protect players from concussions.
DARRYL DYCK/THE CANADIAN PRESS

Ten former National Hockey League players, including former Maple Leafs Gary Leeman and Rick Vaive, claim in a new class-action lawsuit that the league has not done enough to protect players from concussions.

The lawsuit comes just months after the National Football League agreed to pay $765 million to settle lawsuits with thousands of former players who developed dementia or other concussion-related health problems.

Led by former NFL player and disability attorney Mel Owens, the NHL lawsuit seeks damages and court-approved, NHL-sponsored medical monitoring for injuries the players say were a result of their hockey careers.

The league knew about scientific evidence saying players who suffered repeated head injuries were at greater risk for illness and disabilities, but failed to protect players from unnecessary harm until 2010, the suit alleges. Claims in the lawsuit have not been proven in court.

The suit argues that the league continues to contribute to injuries by refusing to ban fighting and bodychecking, and by employing "enforcers" whose main job is to fight or violently bodycheck opponents. It also accuses the league of promoting a "culture of violence" in which players are praised for their fighting and "headhunting" skills.

"The NHL's active and purposeful concealment of the severe risks of brain injuries exposed players to unnecessary dangers that could have been avoided had the NHL provided them with truthful and accurate information and taken appropriate action to prevent needless harm," says the lawsuit, filed in a Washington, D.C., court on Monday.

In addition to Leeman and Vaive, the other ex-players in the lawsuit are Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart and Morris Titanic.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	24	16	6	2	68	46	34
Tampa Bay	24	15	8	1	72	61	31
Toronto	24	14	9	1	66	60	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	25	7	13	5	56	81	19
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Winnipeg	26	11	11	4	69	76	26
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Monday's results
Winnipeg 3 New Jersey 1
Boston 4 Pittsburgh 3 (OT)
Columbus 6 Toronto 0
Florida 3 Philadelphia 1
Tampa Bay 5 NY Rangers 0
Phoenix at Nashville
Minnesota at St. Louis
Chicago at Edmonton
Los Angeles at Vancouver
Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Tuesday's games — All Times Eastern
Anaheim at Dallas, 8 p.m.
Wednesday's games
Nashville at Columbus, 7 p.m.
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Washington, 7 p.m.
Montreal at Buffalo, 7 p.m.
Carolina at New Jersey, 7 p.m.
NY Rangers at Florida, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Boston at Detroit, 7:30 p.m.
Phoenix at Minnesota, 8 p.m.
St. Louis at Colorado, 9 p.m.
Chicago at Calgary, 10 p.m.
Los Angeles at San Jose, 10:30 p.m.
Thursday's games
Vancouver at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.

NFL

WEEK 12

Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
New England 34 Denver 31
Monday's game — All Times Eastern
San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)
WESTERN CONFERENCE
Sunday's result
Real Salt Lake 1 Portland 0
(Real Salt Lake advances 5-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	13	1	.929	—
Miami	11	3	.786	2
Atlanta	8	6	.571	5
Toronto	6	7	.462	6½
Chicago	6	6	.500	6
Charlotte	7	8	.467	6½
Detroit	6	8	.429	7
Philadelphia	6	9	.400	7½
Washington	5	8	.385	7½
Boston	6	10	.375	8
Orlando	4	9	.308	8½
Cleveland	4	10	.286	9
New York	3	9	.250	9
Brooklyn	3	10	.231	9½
Milwaukee	2	11	.154	10½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	½
Oklahoma City	9	3	.750	2½
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3½
Dallas	9	5	.643	3½
Golden State	8	6	.571	4½
Memphis	7	6	.538	5
Phoenix	7	7	.500	5½
Denver	6	6	.500	5½
Minnesota	8	8	.500	5½
L.A. Lakers	7	7	.500	5½
New Orleans	6	6	.500	5½
Sacramento	4	9	.308	8
Utah	1	14	.067	12

Monday's results
Indiana 98 Minnesota 84
Boston 96 Charlotte 86
Miami 107 Phoenix 92
Detroit 113 Milwaukee 94
Houston at Memphis
Denver at Dallas
New Orleans at San Antonio
Chicago at Utah
New York at Portland
Tuesday's games — All Times Eastern
L.A. Lakers at Washington, 7 p.m.
Brooklyn at Toronto, 7 p.m.
Orlando at Atlanta, 7:30 p.m.
Golden State at New Orleans, 8 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Saskatchewan 45 Hamilton 23

Usage-based insurance in Canada?
What the Beep!
Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.
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Horoscopes

♈ Aries
March 21 - April 20
It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

♉ Taurus
April 21 - May 21
Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

♊ Gemini
May 22 - June 21
Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

♋ Cancer
June 22 - July 23
According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

♌ Leo
July 24 - Aug. 23
If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

♍ Virgo
Aug. 24 - Sept. 23
Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

♎ Libra
Sept. 24 - Oct. 23
Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

♏ Scorpio
Oct. 24 - Nov. 22
You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

♐ Sagittarius
Nov. 23 - Dec. 21
Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

♑ Capricorn
Dec. 22 - Jan. 20
It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

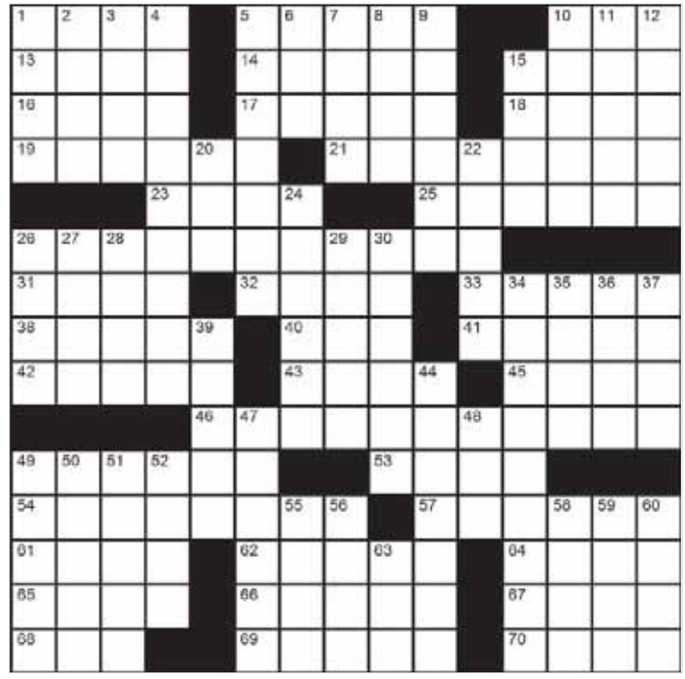
♒ Aquarius
Jan. 21 - Feb. 19
You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

♓ Pisces
Feb. 20 - March 20
You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



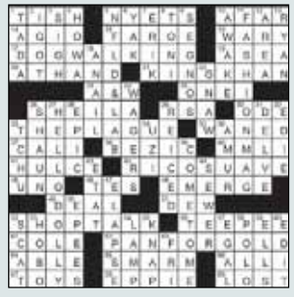
Across

1. Toronto Mayor Rob Ford's brother
5. Stack creator
10. The Queen __ (b.1900 - d.2002)
13. Montreal suburb, Baie-D'__
14. Pointed arch
15. Optimism
16. Deity worshipped in ancient Thebes [var. sp.]
17. "__, __ really." (Response to "Would you like to...")
18. Roughly, __ __ about
19. Tom Cruise vampire
21. Canadian novelist, Douglas __
23. Luau souvenirs
25. Ottawa: __ Canal
26. __ _: Tales for an Accelerated Culture (Bestseller by #21-Across)
31. Sort of lily
32. Political party event [abbr.]
33. Toaster waffles
38. Cycled
40. Lyric poem
41. "Hasta __!" (Bye, in Spain)
42. Panorama
43. Early helicopter
45. __-do-well
46. The Prairies, Canada's __
49. Stingy
53. Twi'lek dancer of Jabba the Hutt's court in "Return of the Jedi" (1983)
54. Historic area of Winnipeg, __ District
57. "My sentiments exactly!": 2 wds.
61. Venue
62. Poi ingredients
64. Skeleton part
65. Gin flavouring
66. Up in the air
67. Pet fish's home
68. Hankering
69. Survives
70. Young hawks

Down

1. Double
2. Paul Revere & The Raiders song: "Him __ __ - What's It Gonna Be?"
3. Li'l saucers
4. "Shelter Valley": Debut single by Cobourg, ON band __ Husbands
5. 18th-century Chief of The Ottawa
6. 54-40's "_ __ Blind" Labrador
15. Grasp
20. Irish carrier, __ Lingus
22. High-tech dot
24. Larry, Curly or Moe
26. Chatters
27. Mr. Clapton
28. Microwave, in slang
29. Agra's locale
30. Exaggerate
34. 21-__ __
35. Nerd
36. S-shaped moulding
37. Variety
39. Ms. Winger
44. Some members of orchestras
47. Leased car
48. Completely
49. Dishevelled
50. Banish
51. __ Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
52. Clarified butter
55. Grand party
56. Cupid's Greek counterpart
58. That which Buffy would do
59. "True Blood" star Ms. Paquin
60. Creatures of Tibet
63. Commonly, in poetry

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5				7		
	3		5		7		9	
6	7						1	3
		4	2		8	9		
2								4
		3	4		1	8		
1	4						5	9
	8		6		9		3	
		6				1		

Yesterday's Sudoku

1	6	2	7	8	3	9	5	4
7	5	4	2	1	9	6	3	8
9	8	3	6	5	4	7	2	1
2	3	8	9	4	1	5	7	6
5	9	6	8	2	7	1	4	3
4	7	1	3	6	5	8	9	2
8	1	9	5	3	2	4	6	7
3	4	5	1	7	6	2	8	9
6	2	7	4	9	8	3	1	5

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